

THE STORY OF CREATION

*Energy-being communicating  
through Explorer ROMC:*

*The Creation Story.* In the Beginning, the Creator created. And there was Creation. And how did it all take place?... In the Beginning, God sneezed. And the molecules in the Breath of God became material universes. And God breathed a deep sigh; and when God breathes in, the material universes—the Breath of God, the Breath of Creation—dissolve back into their original source. *The End.*

What does this mean? This means that there is the Creator, the Created, the Creation. The Creator is the Created and the Creation. All is one and one is all. There is no Beginning and there is no End. The Created can only perceive the Beginning and the End until the Created becomes the Creator and realizes the nature of its very essence. And the Created knows that there is no Beginning and there is no End. There is only *is*. The very Breath of God, the Original Energy, *is* and always *will be*.

*(Long pause...)*

I would like to continue this lesson. We would like for you to take in your hand a piece of white paper. We will wait until you have this in your hand. Please tell us when you are ready.

MONROE: I have it in my hand.

ENERGY-BEING: Thank you. Could you describe to us what you have in your hand.

MONROE: I have what you would call a rectangle, and I am holding it with my left hand... a white piece of paper with a very faint pattern in it...

ENERGY-BEING: And now, turn the paper over and describe the other side.

MONROE: This particular piece of paper has words written on the other side.

ENERGY-BEING: Now we ask, from whence did the paper come?

MONROE: The paper is a piece of our material technology which came originally from a certain type of tree...

ENERGY-BEING: Who created the tree?

MONROE: The tree was created by growing from a seedling in a nutritious environment of earth soil, earth air or atmosphere from which it drew nutrients...

ENERGY-BEING: And what created the seedling?

MONROE: The seedling came from another tree like the tree that created this, and so on in sequence, backwards in what we call time...

ENERGY-BEING: And the lines on the paper on the second side, who created this?

MONROE: The lines were created by a machine which in turn was operated by fingers which in turn were operated by a human mind. And words came from that human mind.

ENERGY-BEING: And what created the human and the human mind?

MONROE: This is where we begin to ask questions... What did create the human mind..? Who operates the human mind? What is beyond the human mind that operates the human mind?

ENERGY-BEING: Ok, friend, you will admit that you are created is that not so?

MONROE: This, I very much concur with.

ENERGY-BEING: Now, I would like for you to divide the paper.

MONROE: However I so desire to divide the paper?

ENERGY-BEING: Divide in however way you decide, but divide it into two forms. Hold one in one hand, and one in the other.

MONROE: Yes, I have one in one hand and one in the other.

ENERGY-BEING: And what have you done?

MONROE: I have divided the paper into two pieces, and it is now separate and apart —physically that is.

ENERGY-BEING: And would you say that you have created two pieces of paper?

MONROE: No, I would not say that I have created two pieces of paper. They may well be two separate pieces, but to me, they are still two parts of a single piece of paper.

ENERGY-BEING: Yes, dear friend, it is one and the same. All is one and one is all. The original is the Creator. The Creation is the original which comes from the Creator. Therefore, you are created, but at the same time you are the Creator. It is one and the same. All is one and one is all in the universe. Do you understand in essence this concept?

MONROE: Philosophically, yes, I can perceive the cyclic or wave form of it.

ENERGY-BEING: Now, dear friend, take one sheet of paper and put it behind you, out of your view.

MONROE: Yes, I have done so.

ENERGY-BEING: Now, describe what you see in relation to the paper.

MONROE: I see... or perceive the paper is behind me where I have put it behind me.

ENERGY-BEING: You have one that you can see.

MONROE: Yes, that is correct.

ENERGY-BEING: Now, feel the paper. Describe how it feels.

MONROE: It has a smoothness, a thinness, and yet, there is a texture to it, meaning it is not absolutely smooth...

because when I run my fingers across it I can feel that it is not perfectly smooth. It is flexible, I can bend it.

ENERGY-BEING: Now, smell the paper and describe what you smell.

MONROE: I have done so and it has a smell that we associate with paper. A slightly chemical smell, a slightly wood smell.

ENERGY-BEING: Now, listen to the paper. What can you hear?

MONROE: I hear what you could call —as we bend it— I hear what we call a crackling, which is a change of stresses within the paper as it is bent...

ENERGY-BEING: Make it so that you can hear.

MONROE: By bending it?

ENERGY-BEING: By whichever way that you desire. However you so choose to hear the paper.

MONROE: By making it into a cylinder and moving the edge of the overlap of the cylinder against the other I get what is a hollow that is somewhat peculiar to paper.

ENERGY-BEING: And so, friend, with your five senses you experience this creation... Is that not so?

MONROE: Yes...

ENERGY-BEING: And now, we ask, how do you perceive the paper that is out of your sight?

MONROE: I perceive it lying on the floor behind me, flat, inert, without motion, without sound. But as I perceive it, it is the same shape and the same whiteness.

ENERGY-BEING: You perceive this with the five senses?

MONROE: I perceive this with my mind as I direct my mind to perceive it. It creates the picture of this paper lying on the floor behind me, out of my physical vision.

ENERGY-BEING: And you know that the paper is there?

MONROE: That is correct.

ENERGY-BEING: You know but you cannot perceive with the five senses...

MONROE: Yes.

ENERGY-BEING: Therefore, through the mind there is that *knowing level*, is that not so?

MONROE: Yes, that is true.

ENERGY-BEING: Now, dear friend, you experience the Creation through the five senses. You experience the Creation through the mind and dimensions of the mind, and that level within the mind, that *knowing level*. Is that not so?

MONROE: Yes.

ENERGY-BEING: Now, dear friend, from whence was the Monroe Institute created? Where did it originate?

MONROE: This is the only place I know of that it originated, that is, from the same source of my own mind...

ENERGY-BEING: Yes, then, you are the creator. Is that not so?

MONROE: I am not sure that I am the total creator in this respect.

ENERGY-BEING: Of the original concept...

MONROE: Even the original concept, I do not feel positive or know that such creation was my own entire concept, that it did not originate beyond me.

ENERGY-BEING: It was perceived in the mind, is that not so?

MONROE: That is true.

ENERGY-BEING: And therefore, that was Stage One of the Creation. Even though, as you say, there are many dimensions in the process of creation. And therefore, that which can be seen, felt, touched, smelled and experienced, is in a second stage, a physical stage within your universe outside of yourself. Is that not so?

MONROE: Yes, that is so.

ENERGY-BEING: Therefore, there is the creation from the mind, and there is the Creation. You were the original creator from the mind and you created the Institute. Therefore, again, there is the Creator and the Creator... is that not so?

MONROE: Yes, that is correct.

ENERGY-BEING: Now, let us take this a step further... You were created... How do you know that you are created?

MONROE: If I follow that method by which we are trained: I exist, I am here. I am here physically, I think, I act, I perform. Therefore I exist, *I am*. I either created myself or I was created.

ENERGY-BEING: You know that you *are*.

MONROE: That is correct, *I am*.

ENERGY-BEING: You, then, are the Created —the Second Stage of the Creation. You came from an original source. Is that not so?

MONROE: If I use the consciousness of this time/space I must presume that. The consciousness of the average human does not know this. He may believe, but he does not know.

ENERGY-BEING: What will happen to your creation, then, that which is your physical being?

MONROE: It will eventually have served a period of activity and eventually decay and return to its original elements.

ENERGY-BEING: Do all beings know this?

MONROE: I presume that all totally... or conscious beings know that this does take place. Whether an animal or a plant knows this I do not know.



ENERGY-BEING: What happens to everything in the physical dimension?

MONROE: Everything in the physical dimension —again, by the standards of our culture— resumes and goes back to its origins. It eventually returns to the chemicals, to the minerals, which it originated.

ENERGY-BEING: Therefore, All is one and one is all. Is that not so?

MONROE: In that respect, it is indeed so.

ENERGY-BEING: All is the Creation, All is the Creator, All is the Created. Is that not so?

MONROE: In terms of physical matter, the cycle has been well observed, that that which is created eventually returns to the source in which it was created.

ENERGY-BEING: And what is the Beginning and what is the End?

MONROE: The Beginning is where some pattern is set, and that pattern assembles certain elements, minerals and organizes them into some form or structure. That structure grows, expands, and in physical life —animisms— reproduces, and, of itself, returns to its source.

ENERGY-BEING: And that is the End.

MONROE: That is the end of that particular mechanism in terms of a structure...

ENERGY-BEING: What would the Beginning and End be in Earth terms?

MONROE: Germination, gestation, birth, growth, maturity, decline and death.

ENERGY-BEING: And this is how the mind of Man perceives of the Beginning and perceives of the End, is that not so?

MONROE: This is as Man generally perceives it, yes.

ENERGY-BEING: Therefore, what is Beginning and End?

MONROE: Conception and death, in these terms.

ENERGY-BEING: And it is the perception of the mind of Man, is that not so?

MONROE: This is the perception, yes. This is how the mind of Man perceives it.

ENERGY-BEING: Therefore, Beginning and End is in the Second Dimension, not of the original form. It is a perception by Man, and therefore a creation. The Beginning and the End is the creation of the mind of Man, is that not so?

MONROE: Yes, this is true, based on his observations of the natural events that take place in time/space in the Earth plane, as he sees them and perceives them with his five senses.

ENERGY-BEING: Therefore, there is a Beginning and End in the perception in Man's mind, is that not so?

MONROE: That is right.

ENERGY-BEING: Therefore, there is no Beginning and no End, is that not so?

MONROE: In terms of Man's perception, he sees a Beginning and end, but the mind itself... we have another question...

ENERGY-BEING: In the Beginning, God sneezed. And the Breath of God became a material universe. In the End, God breathed a sigh, and when God breathed in, that which *was* returned to its source. And that which *is*, and that which *was* is all one and the same.

The Original is the Beginning and the End as it is experienced in the five senses... The Original is the Creation as Man knows it through his mind and through his experience. The Beginning and the End is one and the same.

As the Original, there is only one force in the universe; there is only one energy in the universe. And when this energy is divided, just as this paper is divided, it is still one and the same—the same base, the same origin. It is one and it is two. And it is one paper in form; it is divided and it is one in its substance.

There is in the universe one basis: The Creator, the Created, the Creation. All is one and one is all. The Earth *is*. It is a form. It was created and it *is* and always *will be*, even though it will not always be perceived in the physical level. The physical level of the Earth is perceived by the human senses, by the human mind. The physical level will transform. It will transform into another level... It is now perceived to be

physical. The physical universe was created, but it *is* and always *will be*. It will change its form from the physical and go into another dimension. But it is and always will be one and the same in its very essence. This is the basis of Creation. All is one and one is all. Is this understandable to the human mind?

MONROE: By inference to All is one and one is all, then I am both Creator and Created...

ENERGY-BEING: That is so.

MONROE: If this is so, then, I therefore am a part of the Creator, of all that is, if All is one and one is all...?

ENERGY-BEING: That is so.

MONROE: And if this be so, therefore I, as a creator, may upon my own discretion or desire create however I so desire. Is that true?

ENERGY-BEING: You have the ability to create as you are the Creator. The choice is there.

MONROE: Therefore, if I am the Creator, how did I create myself originally?

ENERGY-BEING: That is the very essence of this lesson. All is one and one is all. You were created and you became a creator, and you in turn create. And in turn there is another creation. There are many levels of creation. You did not create yourself; you were created to become a creator. All is one and one is all in the universe. And the energies are

one and the same. You did not have to create yourself. You were created in the image of the original Creator, and you become a creator; you become created. But with the same created processes that are in the very essence of the Creator and the Creation, you become the Creator. Is this, then, understood?

MONROE: I follow it with one form of my consciousness and say, therefore, that when I was created by the original Creator, who, then, was the original Creator?

ENERGY-BEING: There is only one energy in the universe. All is one and one is all. It is an energy not understandable to the mind of Man. Man creates a Creator in human form. Man creates his Creator in his image. We create our Creator, but we are created by a Creator. Therefore, the Creator is not the creation of our image because our image of the Creator limits the Creator. We limit ourselves, and therefore we also limit our concepts of the Creator. There are no limitations on the Creator. The limitations of the universes are only those that we put upon it. We create the Creator in our mind, and it is not possible to create the Creator. Do you understand this concept?

MONROE: Yes, I can perceive this. Is there any way for Man to increase his ability to perceive the Creator?

ENERGY-BEING: When the Creator —you the Creator— understand the limitlessness of your nature, you will understand the limitlessness of Creation. All the limits that the Creator on the physical level has are the limits that are put upon themselves. The limits are put there through the physical nature of the five senses and the mind. And when you, the Created and

the Creator, understand the limitlessness of your nature, by going beyond the levels of the limitations of the mind and living in the *knowing level* —the levels of inner dimension— then the human creator begins to perceive the universe in a different way: in the *timeless level*.

When you perceive in the time level, you perceive that there is a Beginning and an End. But when you live in that *knowing level* of your nature, you perceive in a different form. You perceive in levels where you know and you experience in different levels of *knowing*, knowing that you *are*, that you always *were*, and that you *will always be*. And therefore, you are one and the same. All is one and one is all. And this is the essence of the *Creation Story* as we are teaching it to you... However, we do not have to teach. All beings know. It is within their very nature. To *know* is opening up and beyond the five senses and the mind, opening up into levels beyond the physical realm. Is this understandable, friend?

MONROE: Yes, friend, it is understandable and, of course, you are aware that this is the very process that we at the Institute here are attempting to do. How can we improve this process?

ENERGY-BEING: You, dear friend, are the Creator. And as your creative processes continue to function in their fullest, there is continual movement in the process of your own creative universe. There is a movement in energies. When energies are blocked in your creative universe, then the flow is not as it should be. When your own creative universe is creating at its highest level, you perceive and you receive continual inspiration as to what and how and where the creative process will go in your Institute. And as you open up into your higher

*knowing level*, you will listen not only to your own attunement but to that of the *knowing levels* of others. You are doing as you should be doing, following your creative process and you must continue to follow this creative process.

As you ask for improvement, how can we improve?... Listen to that inner attunement, that inner level of creativity which continually flows and is on a continual movement. There is only one energy in the universe. And as the energy is operating and functioning at its highest level and density, there will always be profound creativity taking place within your mind and within your soul. Creativity is the very essence of the human being, the human Creator. You are the Creator.

The great excitement of being a creator is that there is creativity taking place. There is nothing that is stagnant in your universe if you will not allow it to be stagnant. Each soul must see and experience life as a creative process, as an excitement of continual understanding, of knowing, of growing and creating. It is important that each individual, each universe, each creator, goes with its own flow. Each being is a universe in itself, a creator, a created and creative being. And it is important for each individual universe to follow the very essence of its own flow. This is very important in the whole creative process within the universe: that each soul gets in touch with the very base of its own creativity. You do not follow the creative level of another being. You can receive inspiration, you can receive knowledge from others, from creativity that you see taking place around you, but you must experience your own nature, your own creative nature of being, and growing, and becoming. Being and becoming is the very essence of the nature of Man: to be that which you really are. You are the Created and you are the Creator. One and the same, in the timeless universe.

MONROE: Hm, hm... our problem is how to convey this to others so that they can understand this. This is our greatest problem.

ENERGY-BEING: It is not a problem because you are working on the solution. As you bring others into the inner depth of their being, you help others to go within their inner universe, to get in touch with their own creative levels. Therefore, it is not a problem, in that you are bringing a solution and helping many others to open up into their own level. Therefore, know that your creativity is helping the creativity of others.

MONROE: We will keep trying, then... That is the best statement I can make at this moment. And I thank you for re-enforcing the base from which we try to be.

ENERGY-BEING: We thank you, friend.

MONROE: The final question is how far can we take this creativity? Can we use this creativity to manipulate matter as we know it?

ENERGY-BEING: There are no limitations in the universe. The creativity level is also a timeless level. If you ask this question of your being you will receive an answer.

MONROE: Very good... so we then have the answer to how Creation began... it began with a sneeze... and ends with a sigh, is that correct?

ENERGY-BEING: This is a concept in human terms, an illustration that the human mind can perceive. WE can also put it



in a humorous concept, because the humour of the human nature is also very important.

MONROE: Yes, I appreciate that very much and very deeply... and... humour has its own value...

ENERGY-BEING: We could also say that God laughed and the universe was created. And when he breathed in all that was created came back to its original source. It is one and the same.

MONROE: (*chuckling*) Yes... The End!

ENERGY-BEING: Thank you, dear friend...

MONROE: (*still laughing*) Thank you, my friend... very, very human, as we put it...

ENERGY-BEING: And we shall step aside and appreciate the chance to speak with you. We are all teachers, and we are all learners. We are one and the same. We teach and we learn. You teach and you learn, we teach and we learn. All is one and one is all in the universe. Thank you, friend...

MONROE: Thank you, and I will surely share this with many people... many humans...

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